

# Obesity Trends Among U.S. Adults between 1985 and 2003

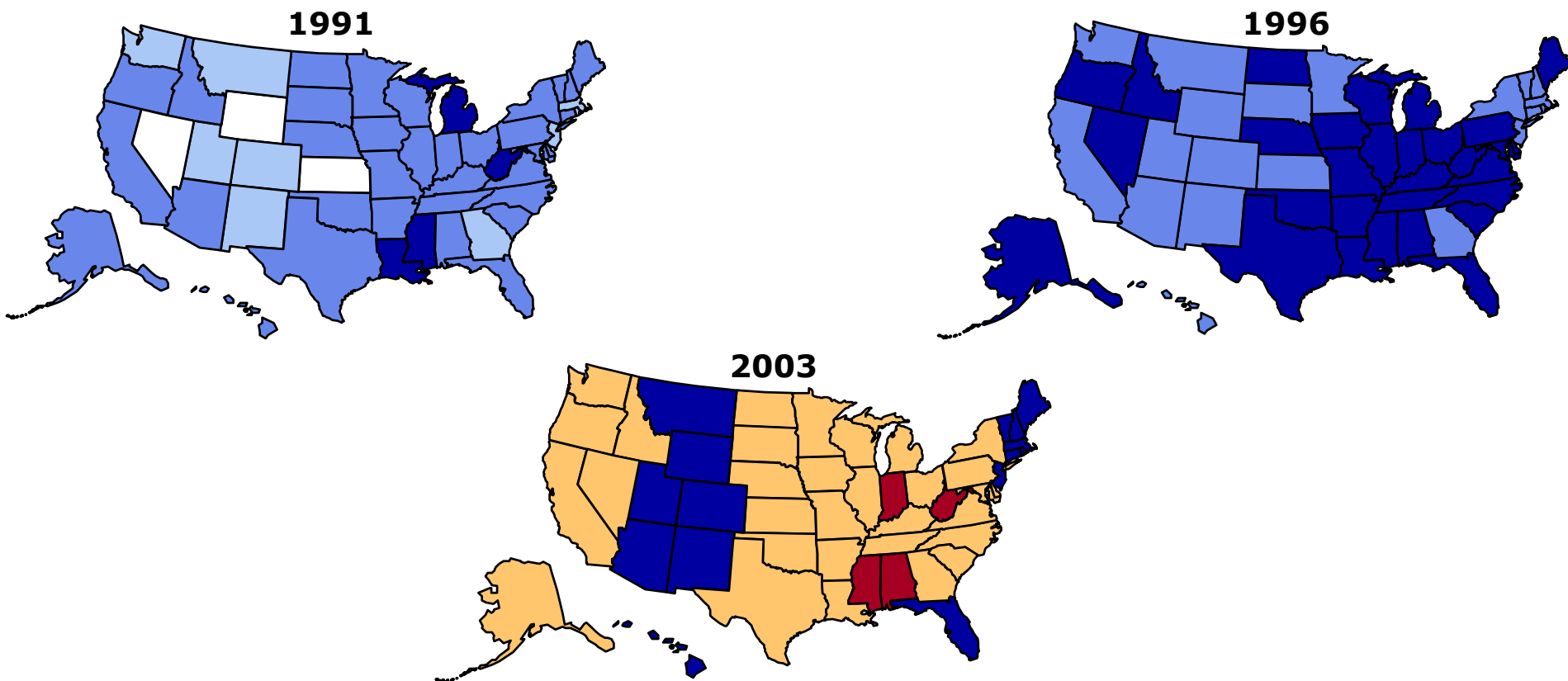
## ***Definitions:***

- Obesity: having a very high amount of body fat in relation to lean body mass, or Body Mass Index (BMI) of 30 or higher.
- Body Mass Index (BMI): a measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1991, 1996, 2003

(\*BMI  $\geq 30$ , or about 30 lbs overweight for 5'4" person)

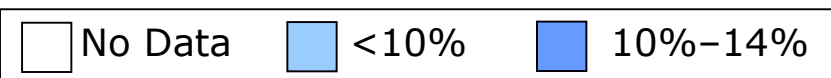
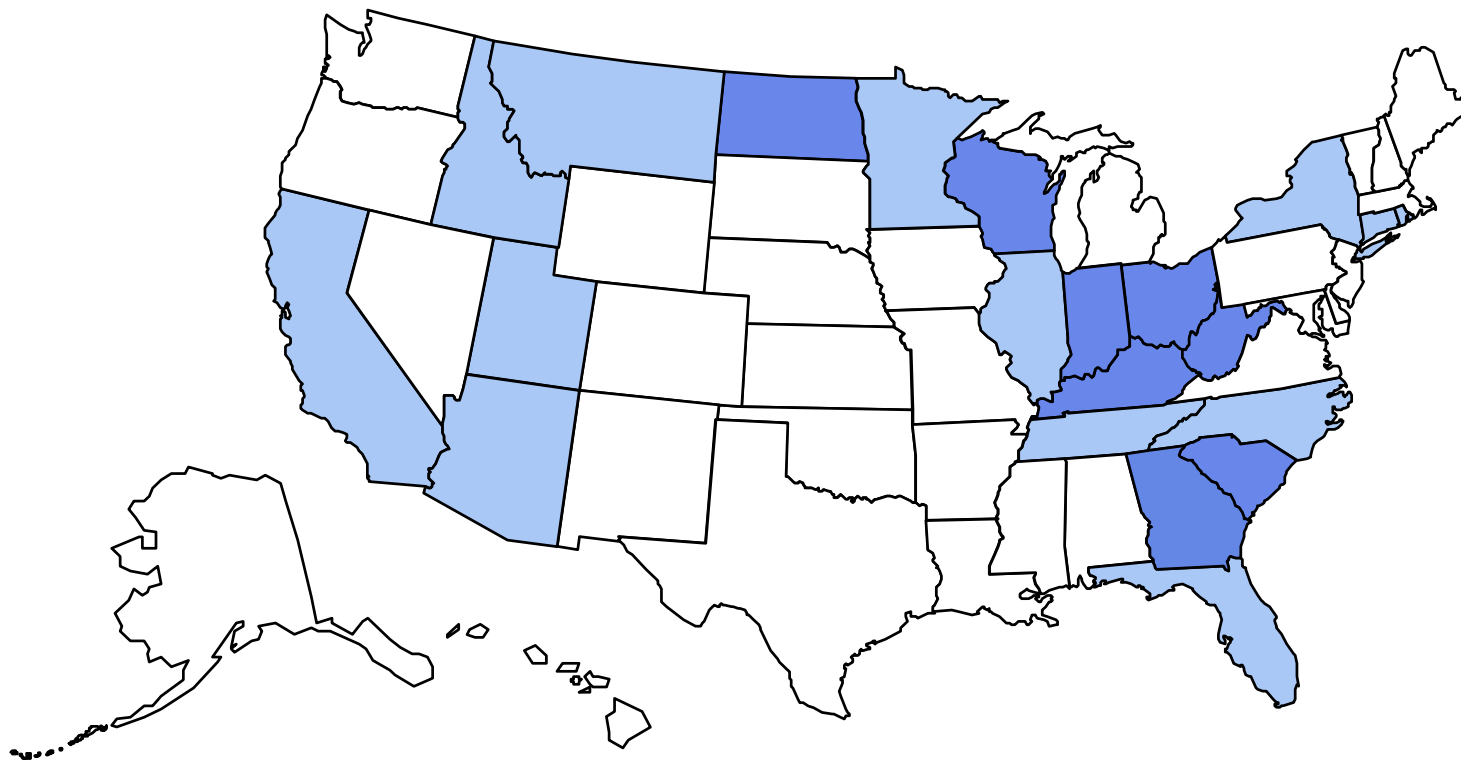


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1985

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

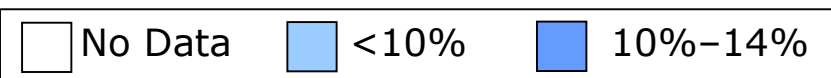
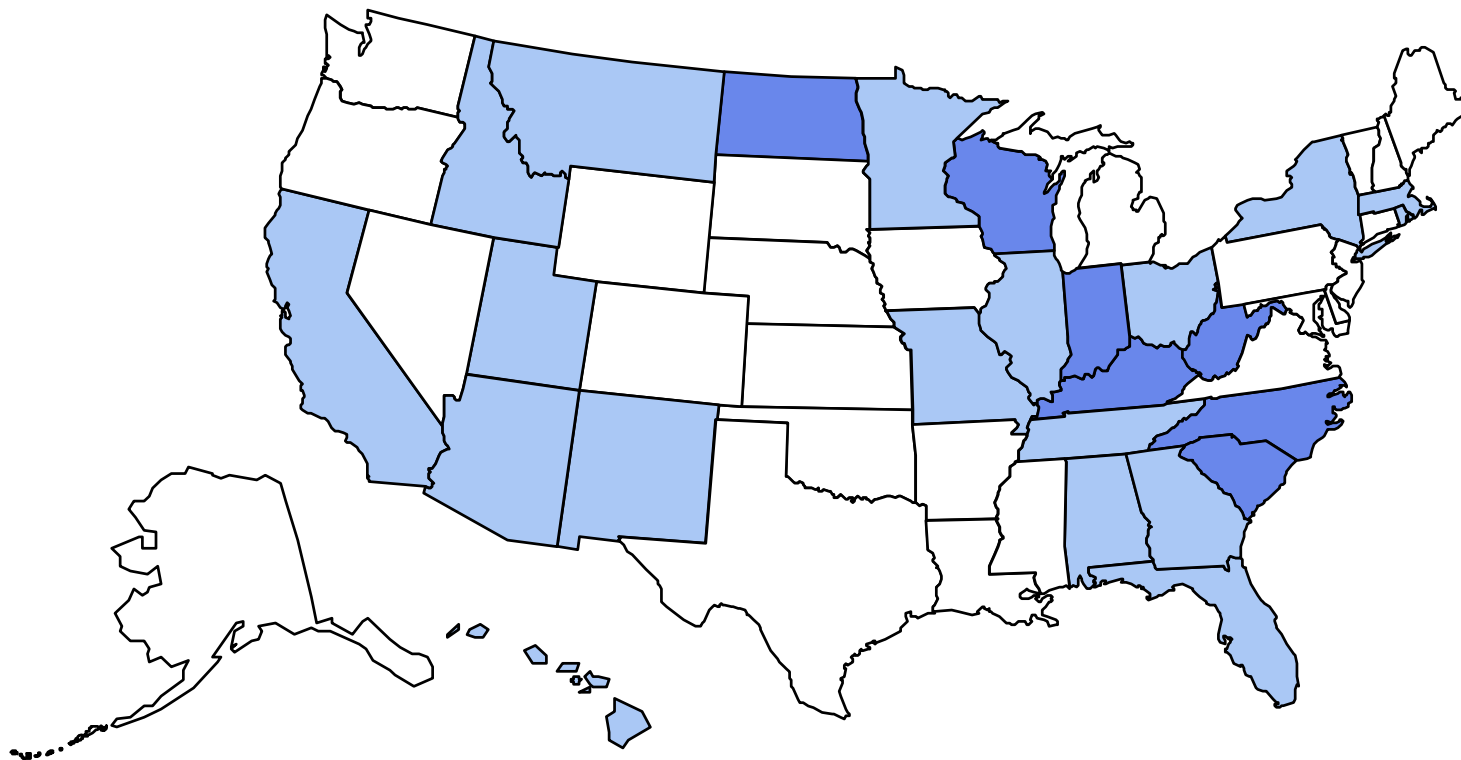


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1986

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

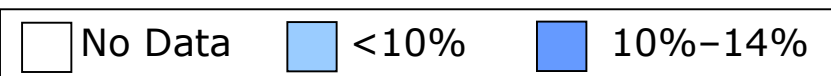
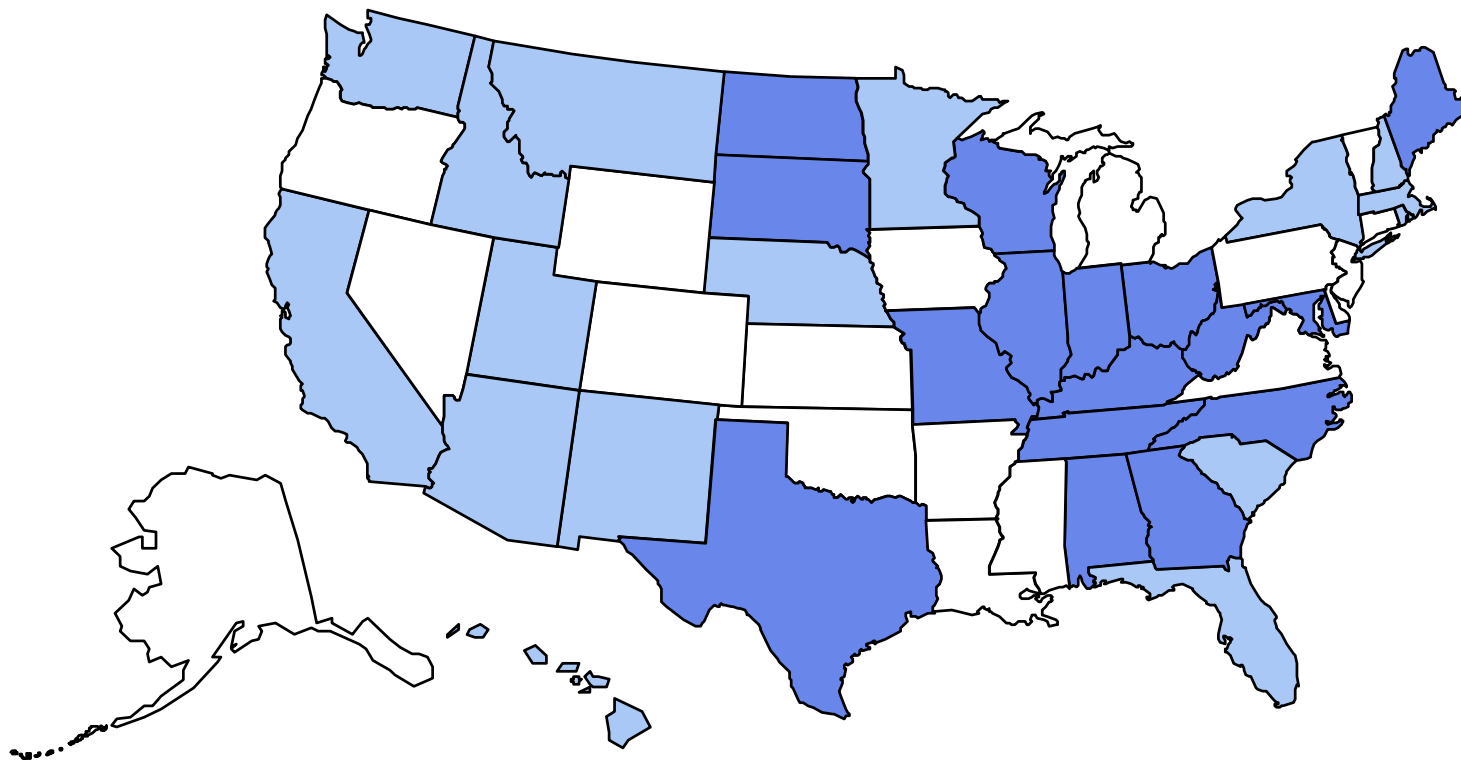


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

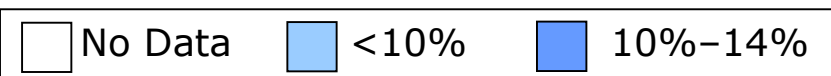
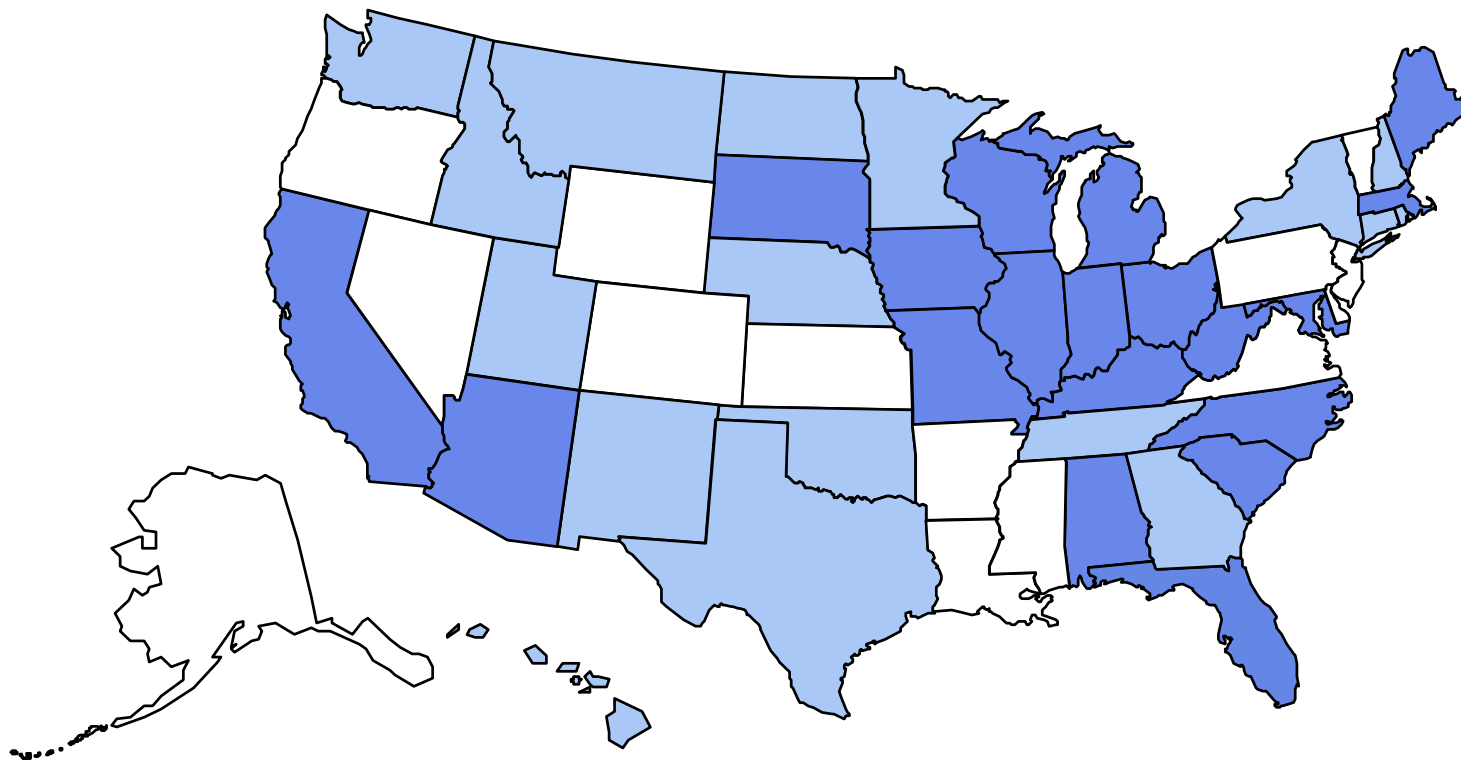


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1988

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

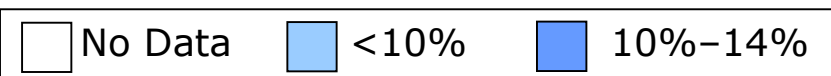
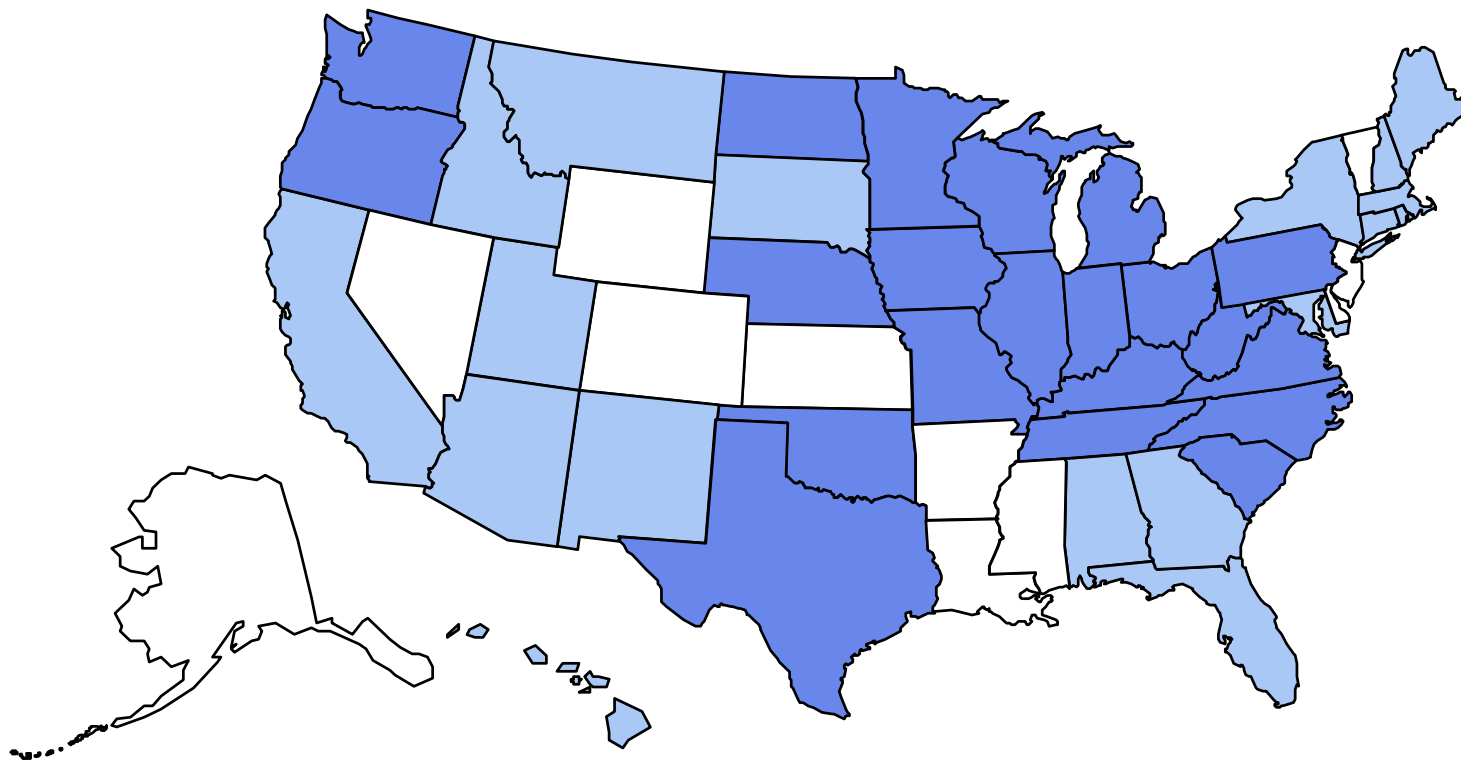


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1989

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

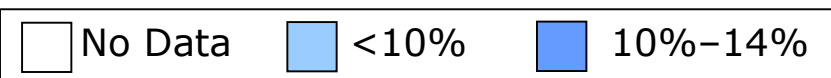
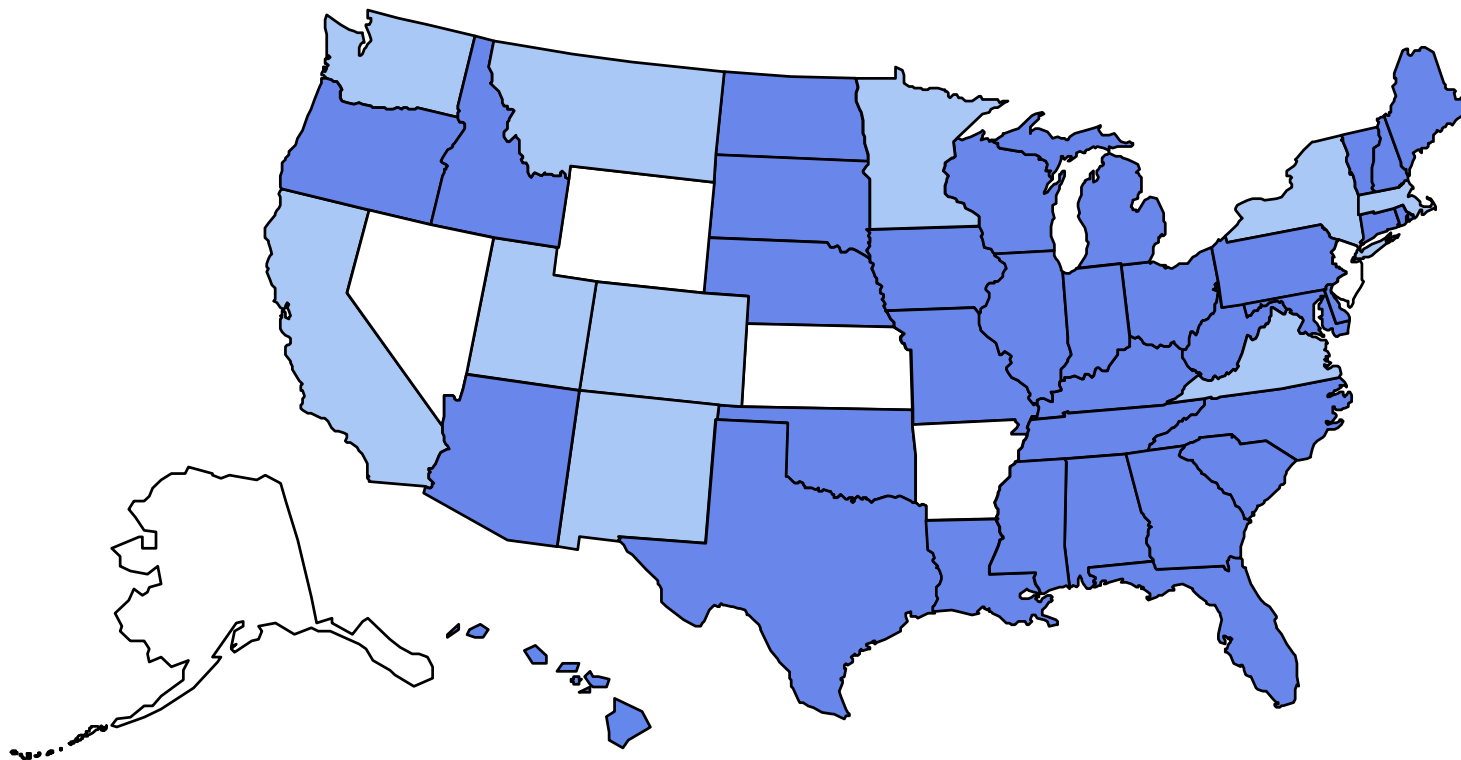


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)



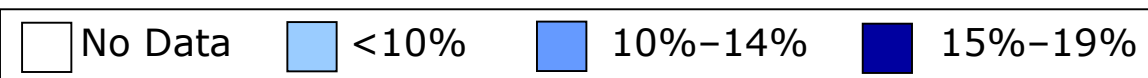
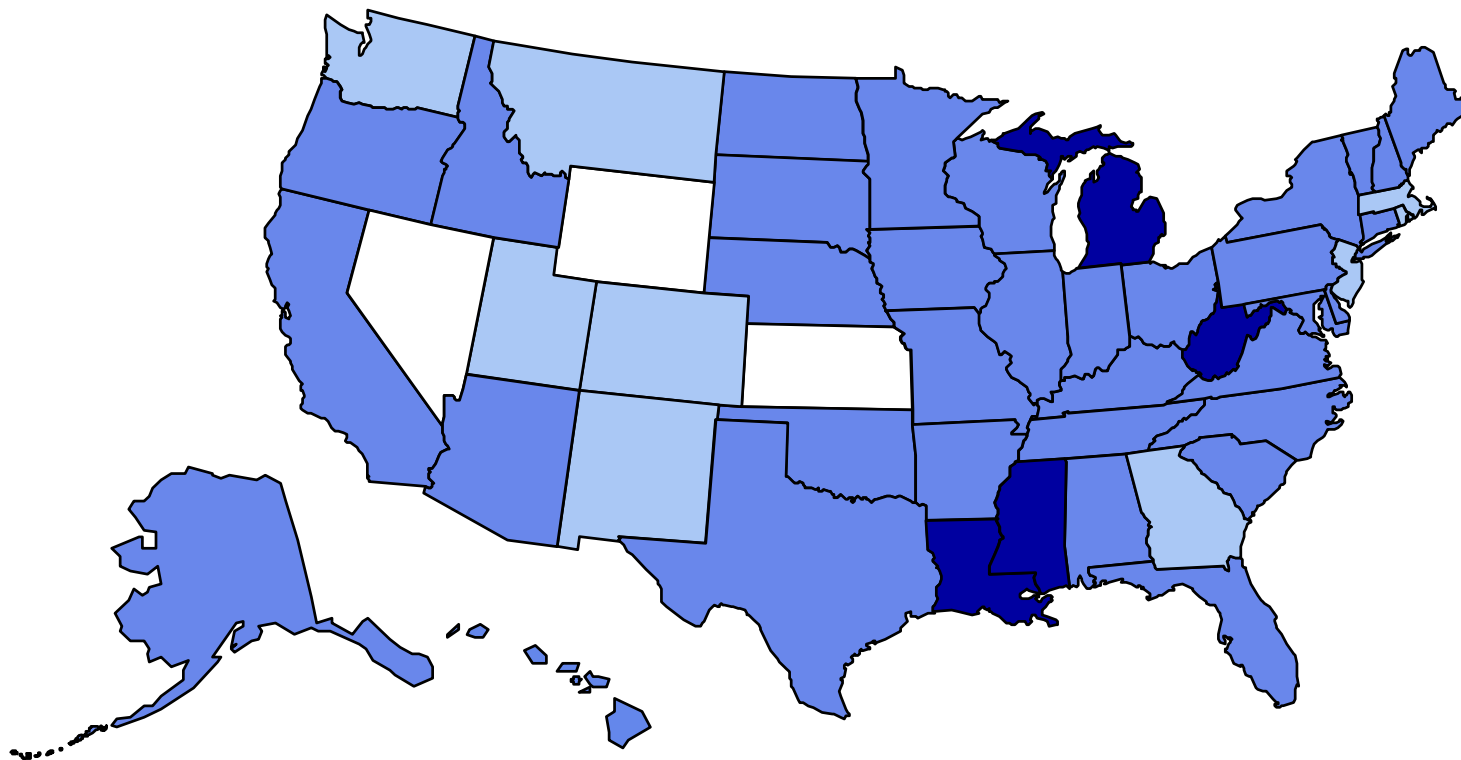
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1991

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

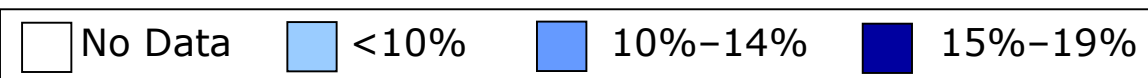
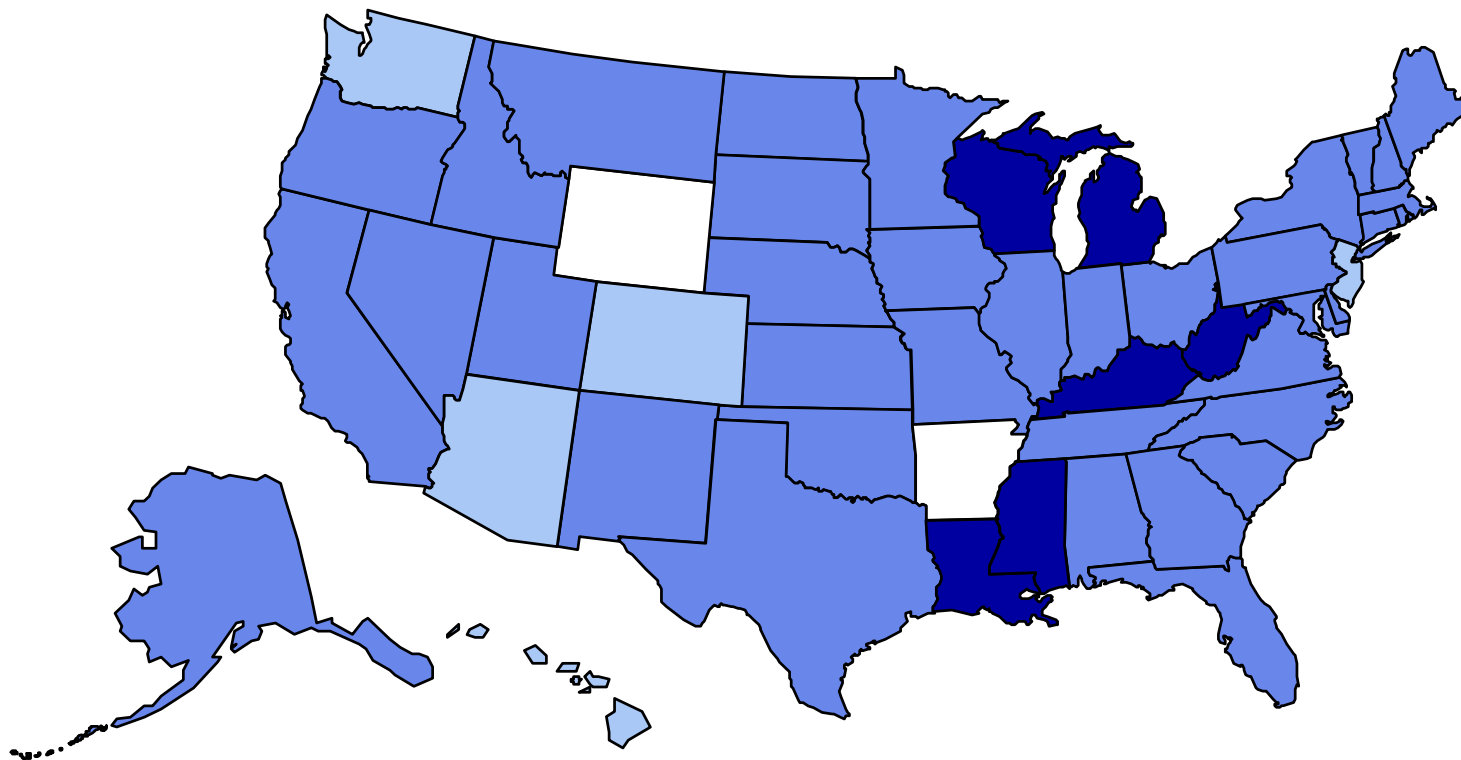


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1992

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

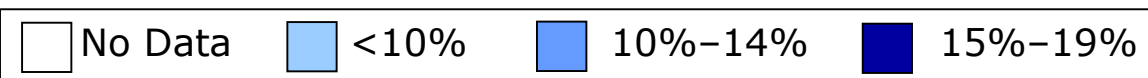
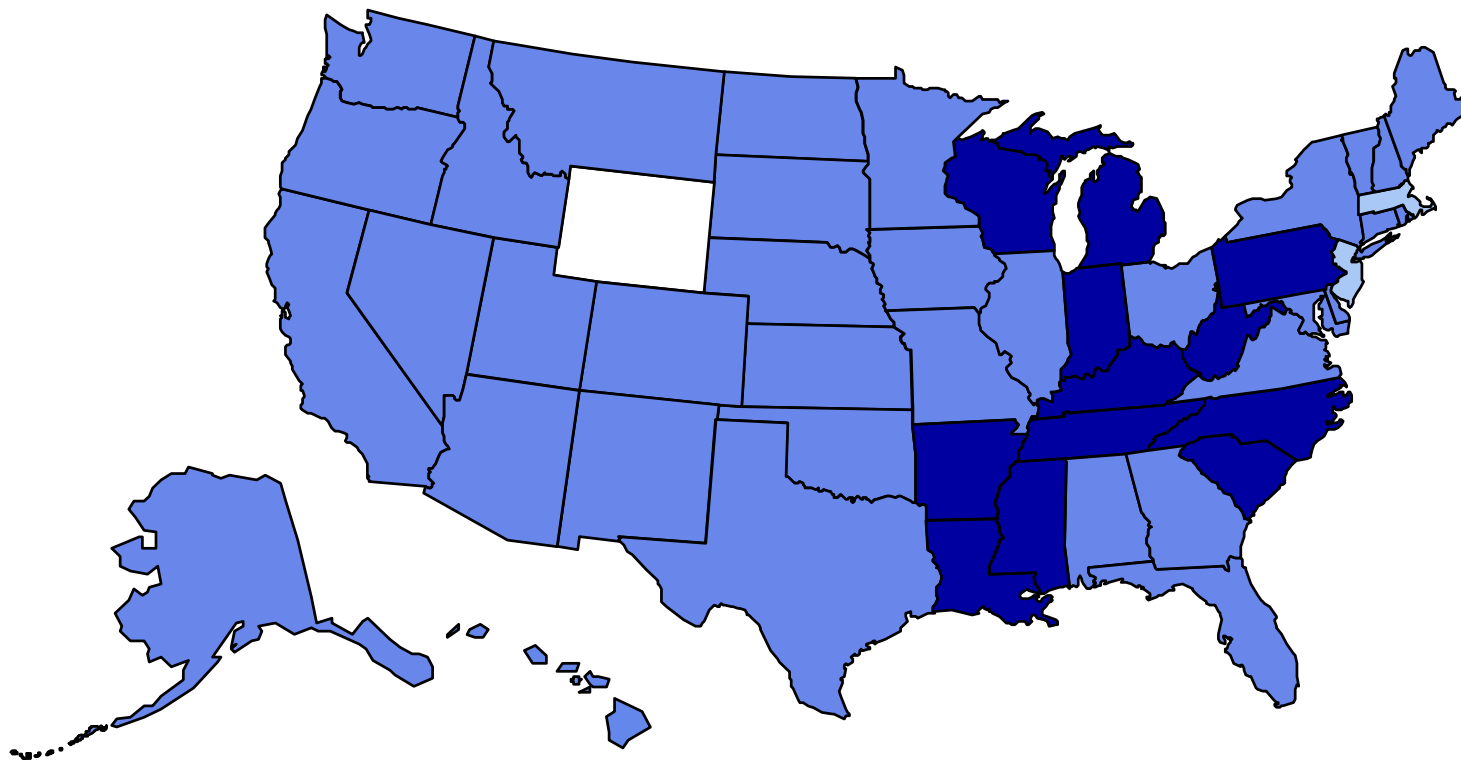


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1993

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

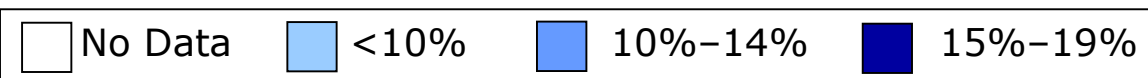
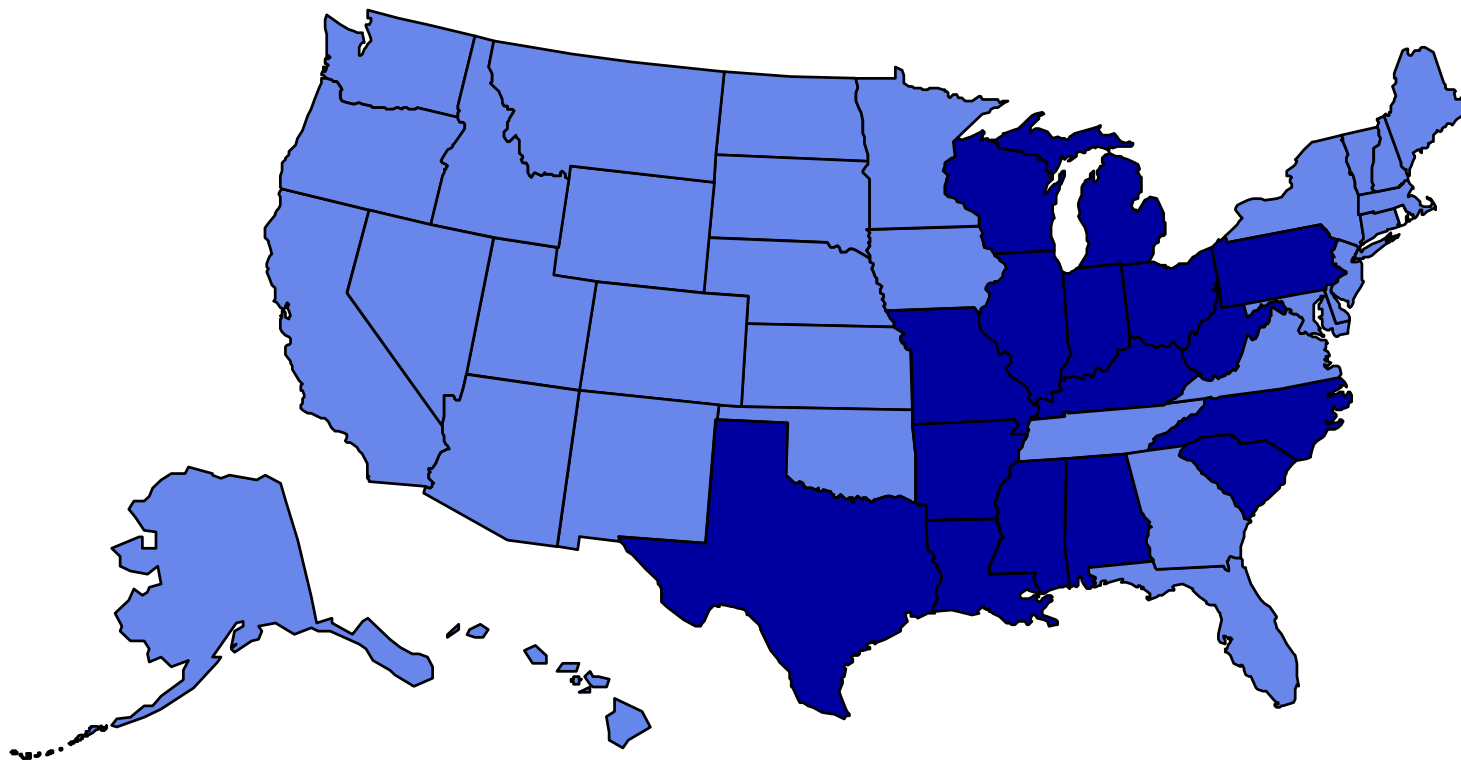


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1994

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

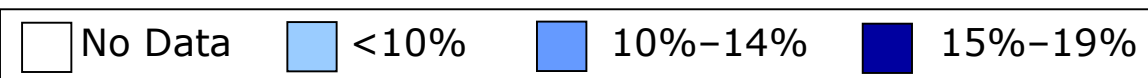
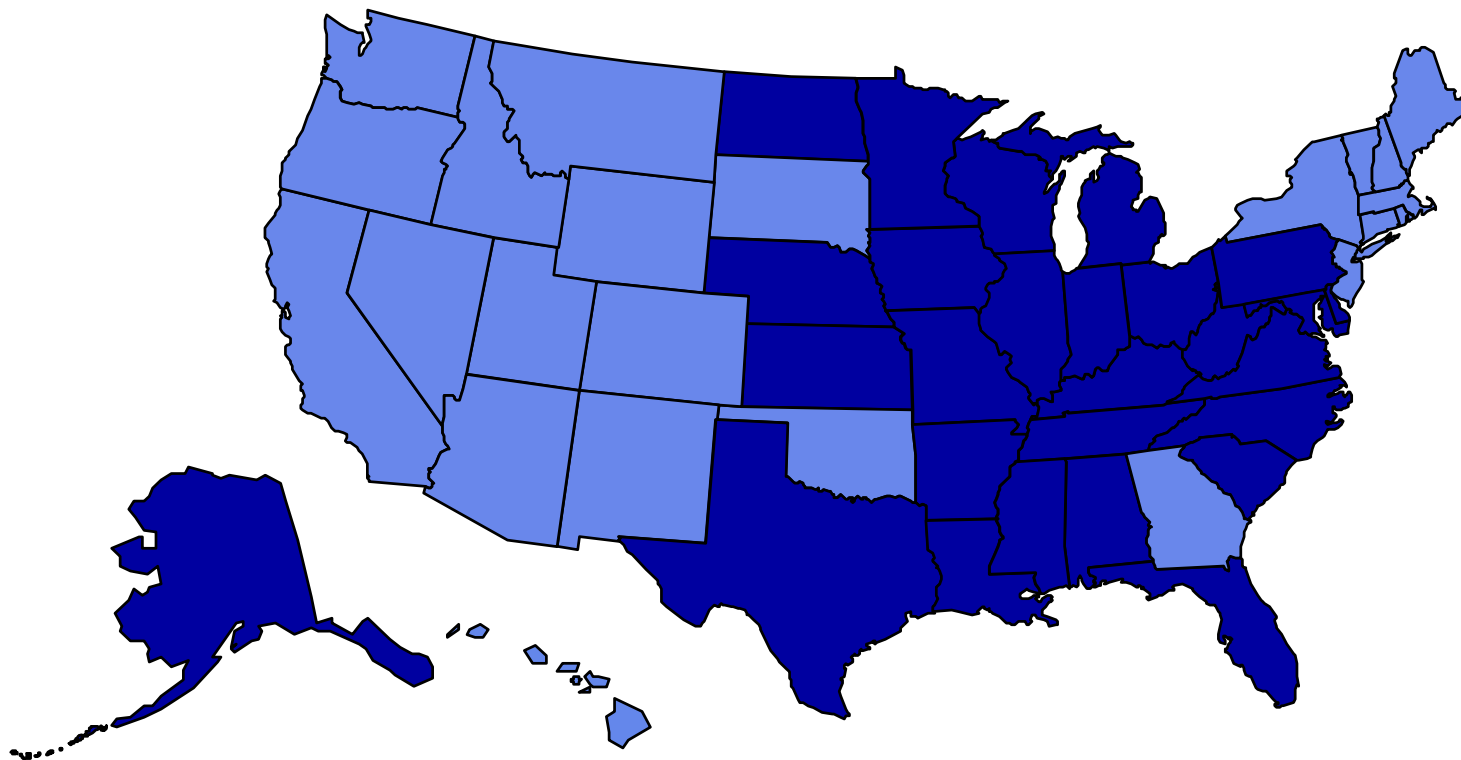


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1995

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

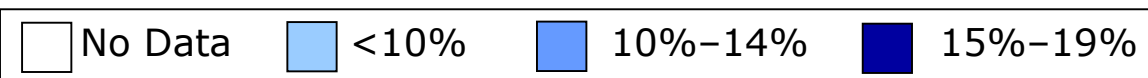
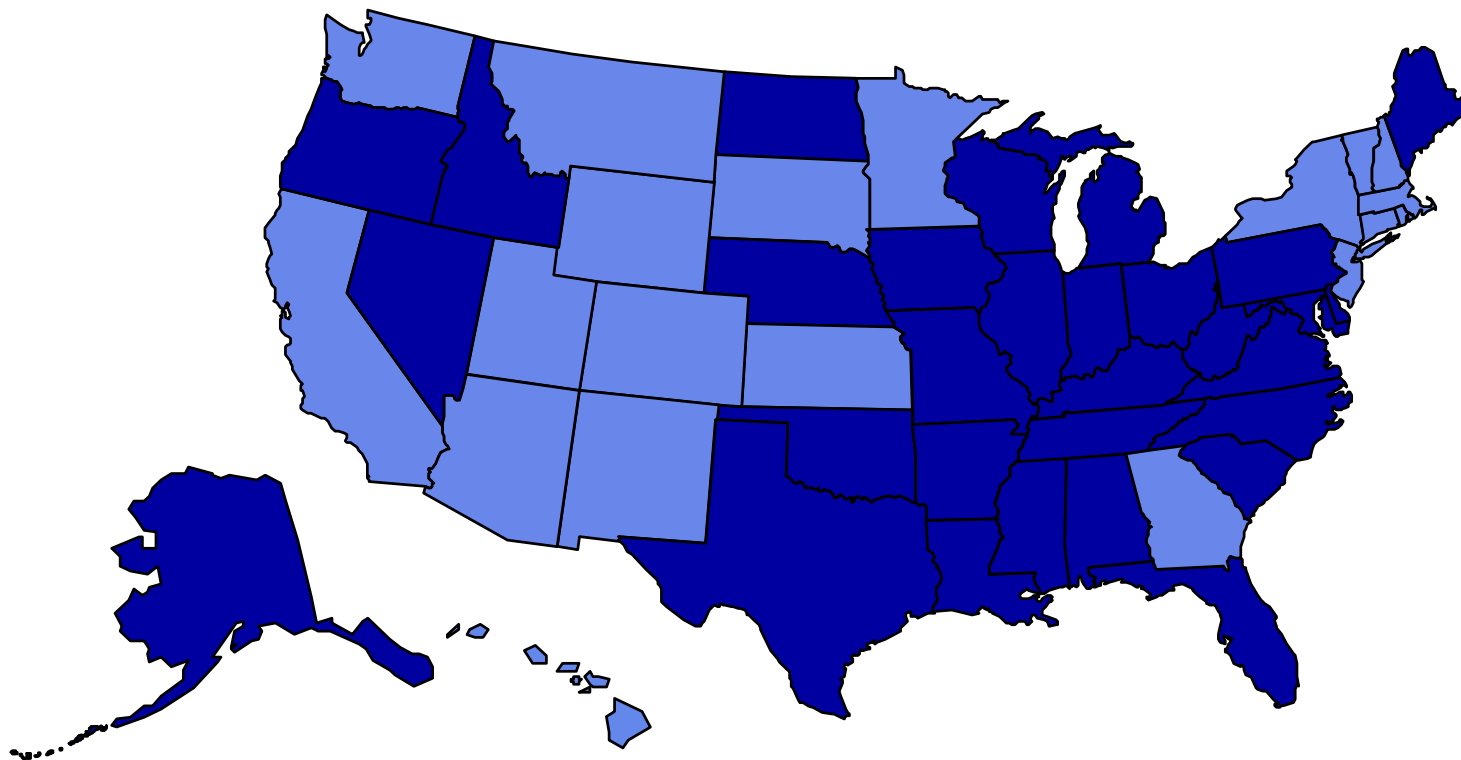


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

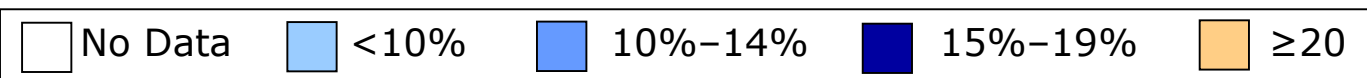
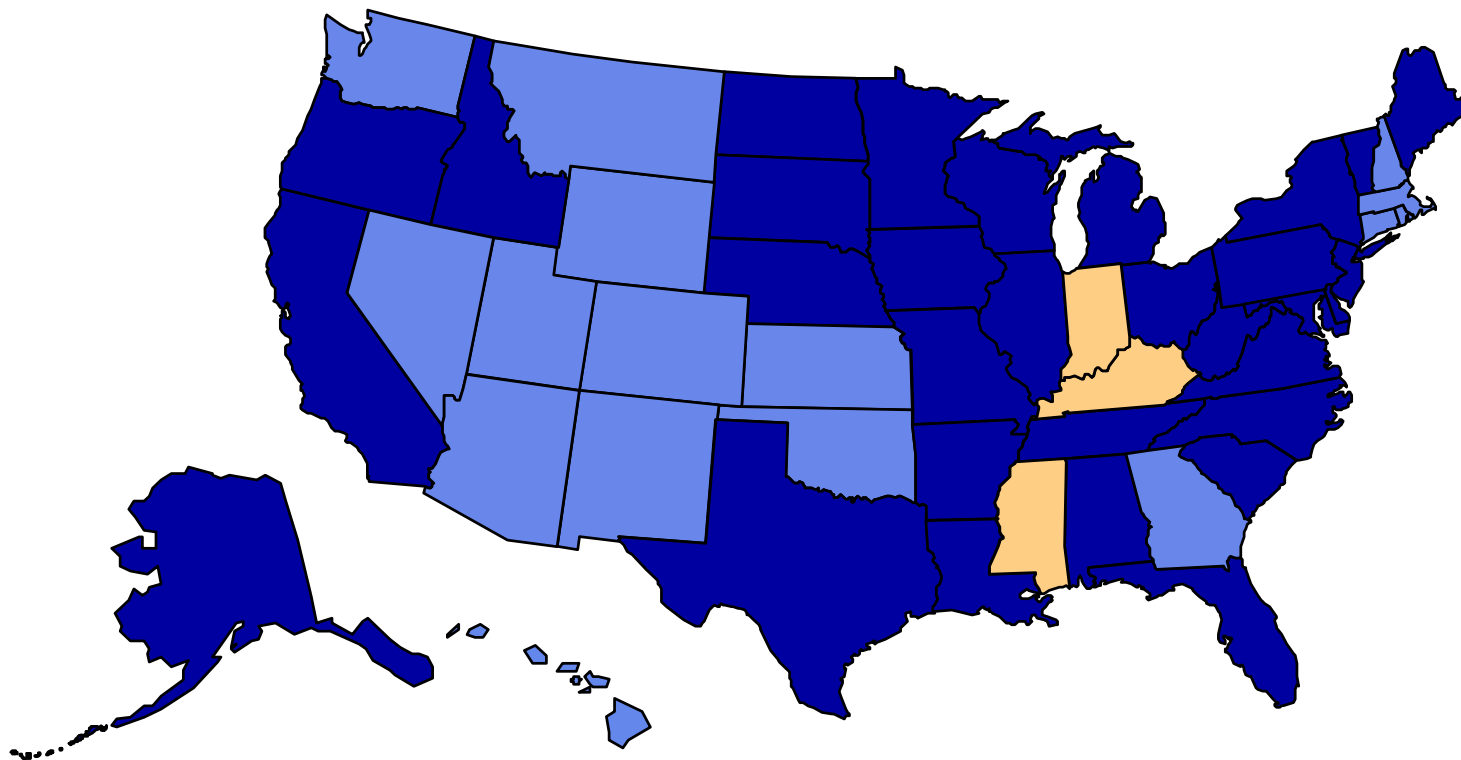


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

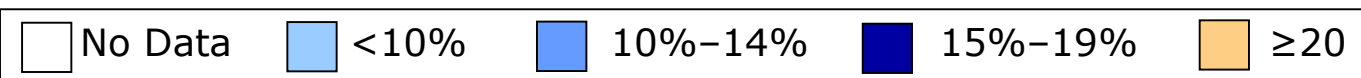
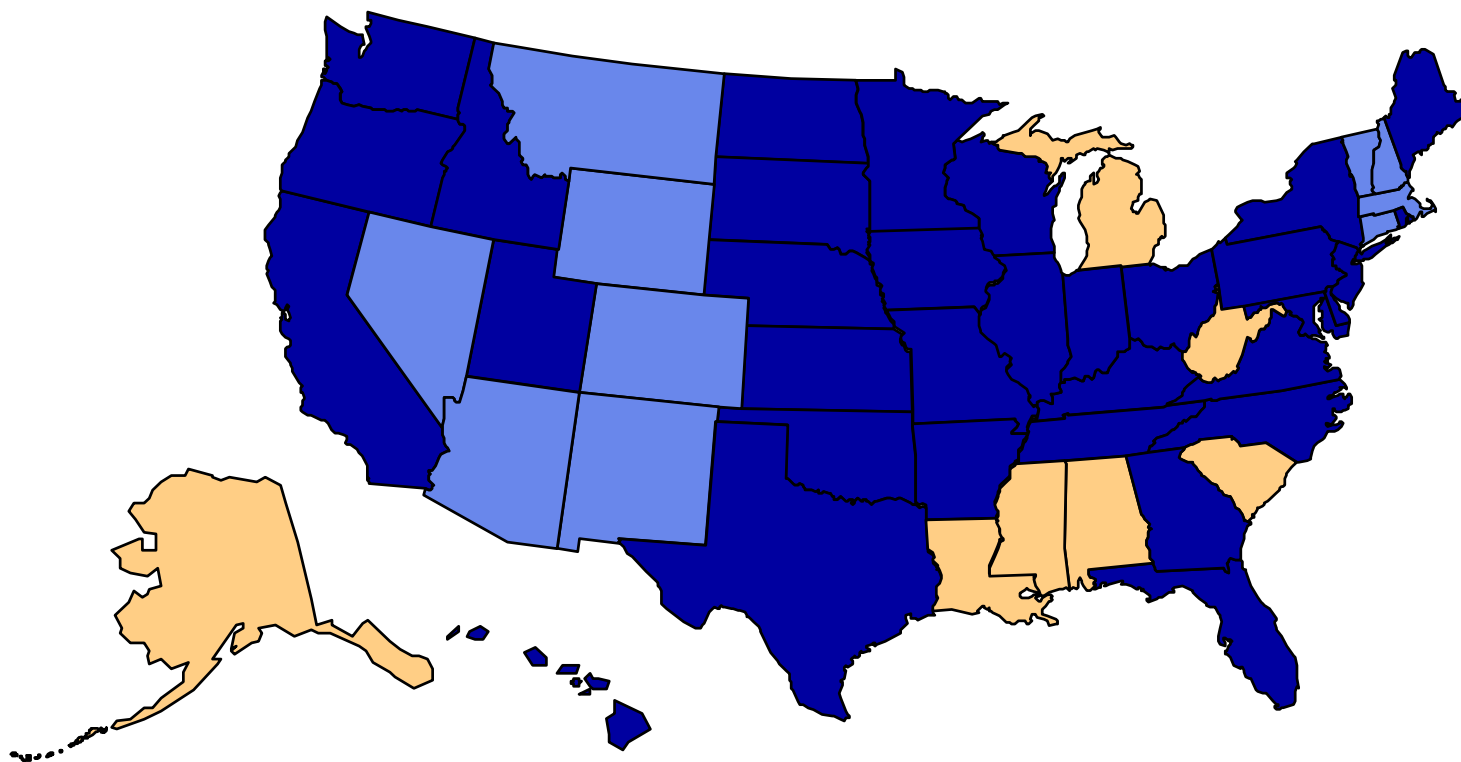


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1998

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)



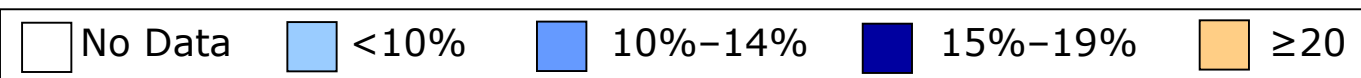
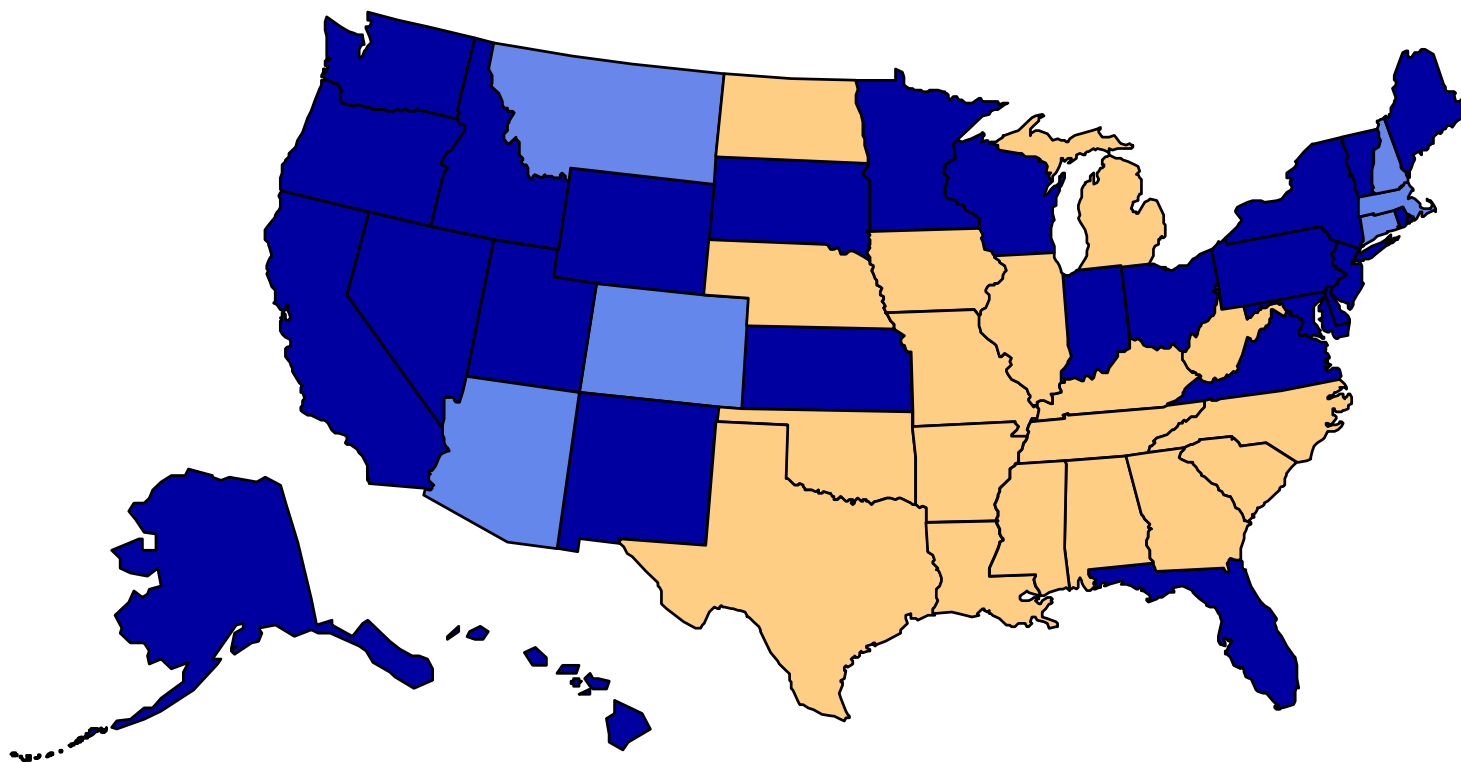
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1999

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

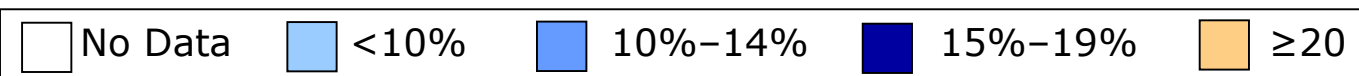
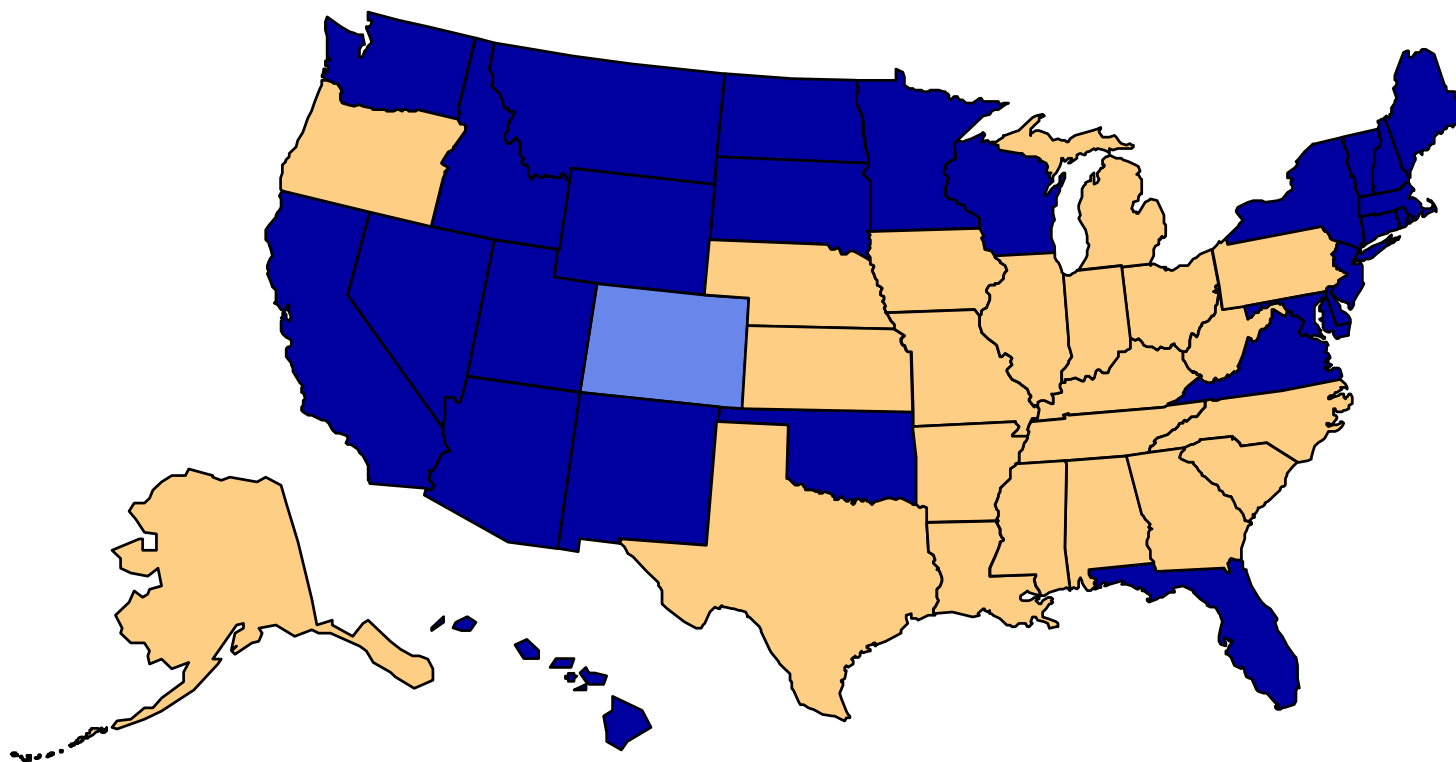


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2000

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

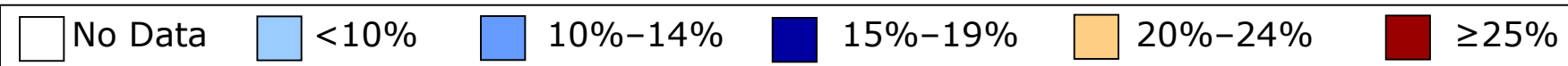
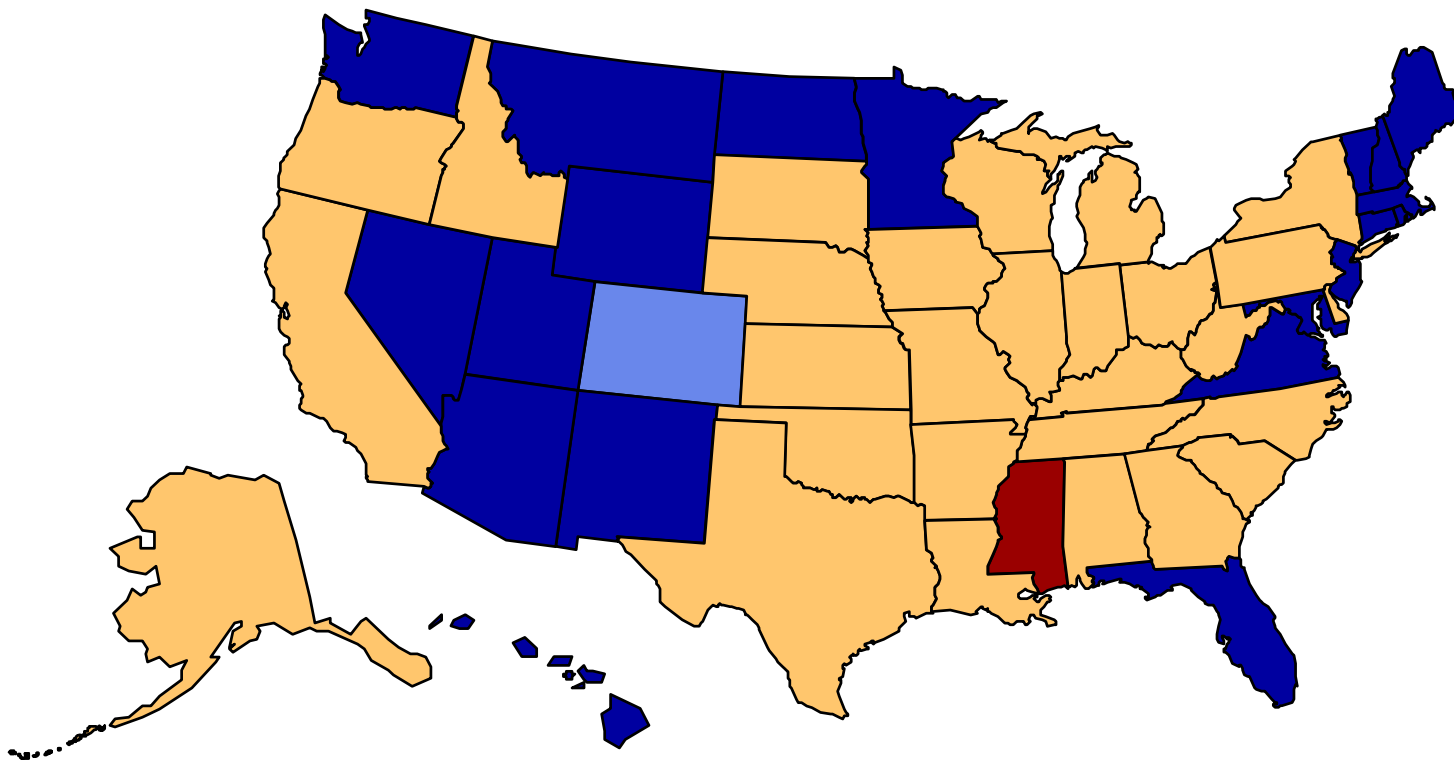


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2001

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

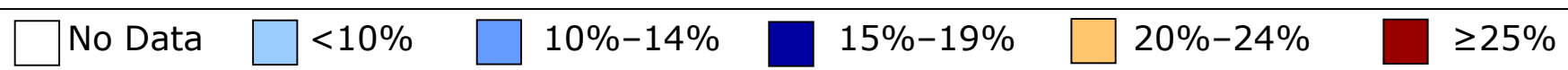
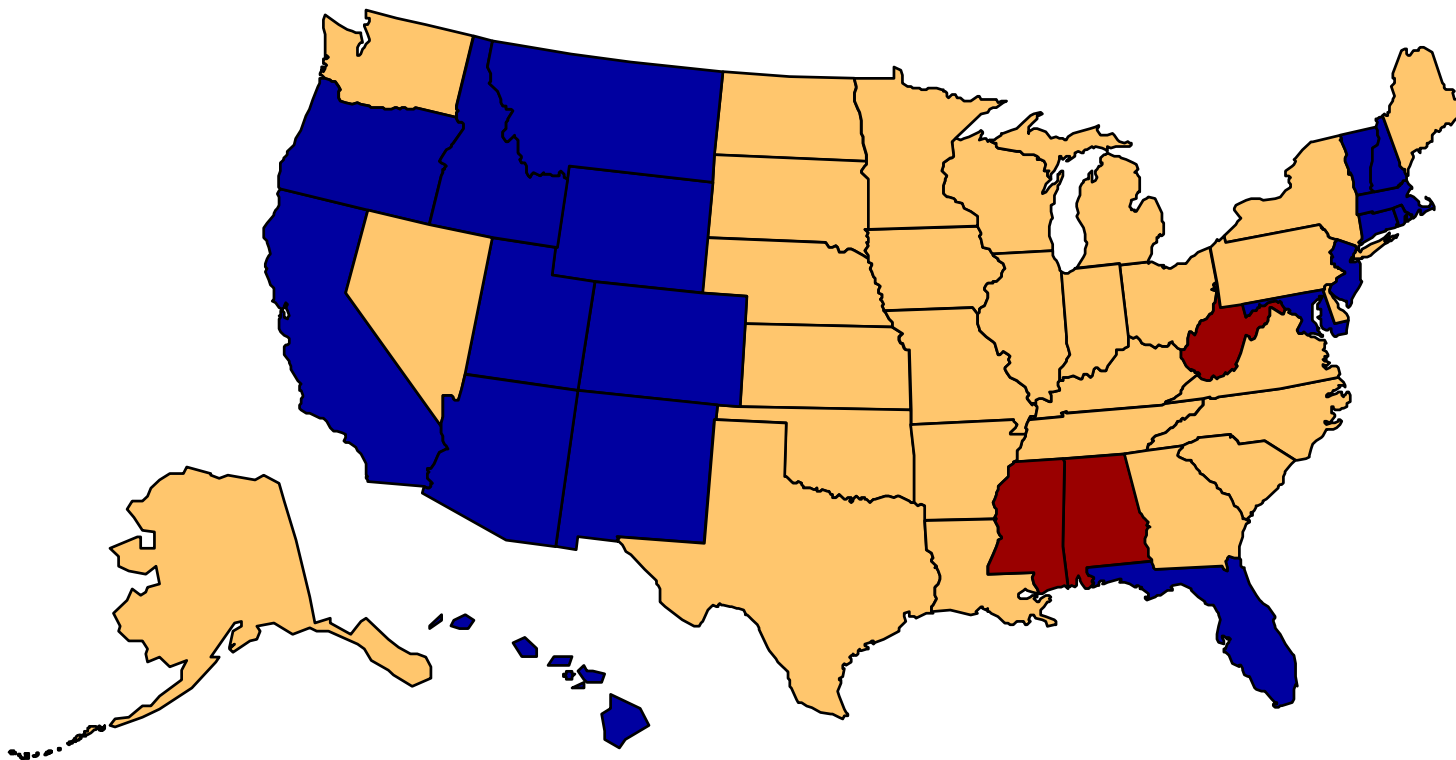


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

## BRFSS, 2002

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" woman)

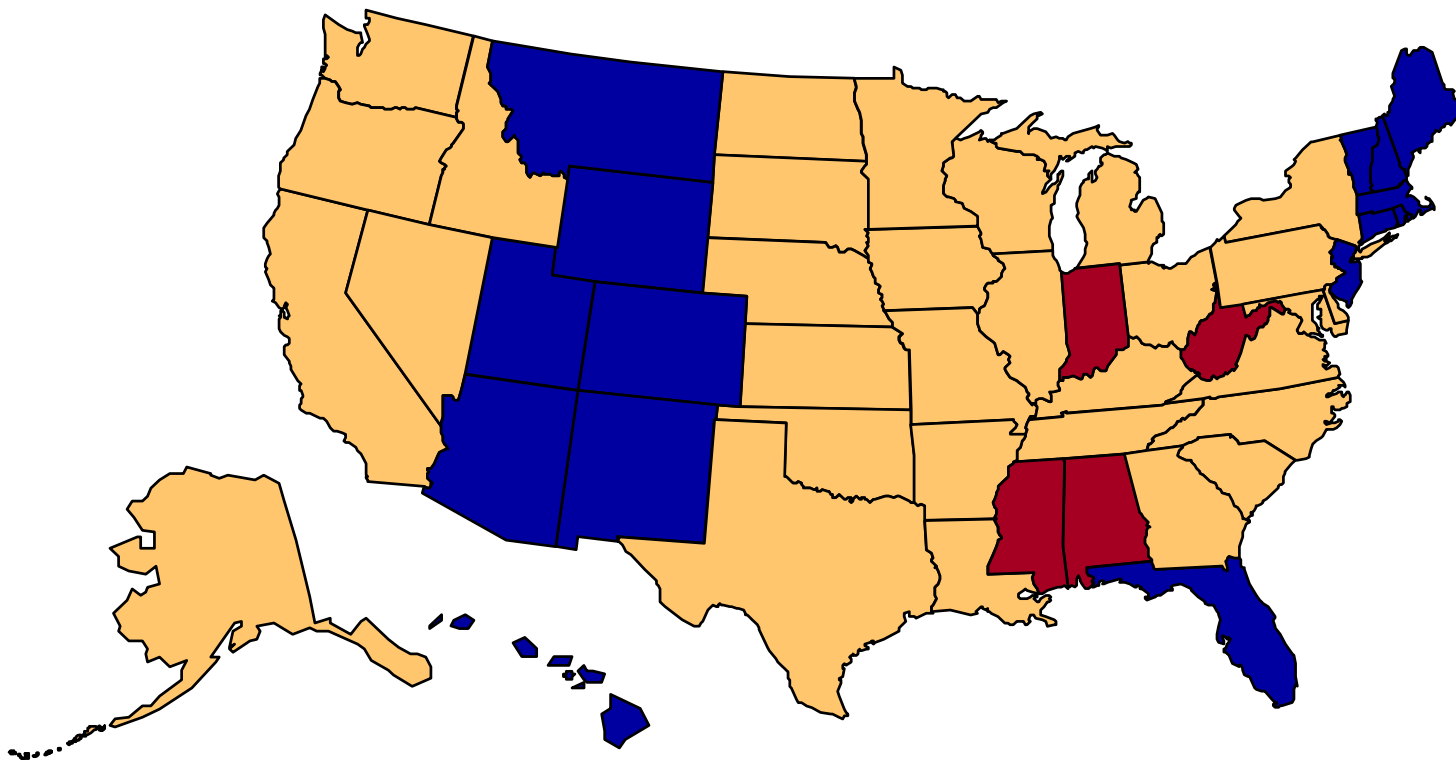


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity\* Trends Among U.S. Adults

## BRFSS, 2003

(\*BMI  $\geq 30$ , or about 30 lbs overweight for 5'4" person)



Legend: No Data, <10%, 10%-14%, 15%-19%, 20%-24%,  $\geq 25\%$

Source: Behavioral Risk Factor Surveillance System, CDC.

# Citations

- Source: BRFSS, CDC.
- Source: Mokdad A H, et al. JAMA 1999;282:16.
- Source: Mokdad A H, et al. JAMA 2001;286:10.
- Source: Mokdad A H, et al. JAMA 2003;289:1.

# Obesity Trends Among U.S. Adults between 1985 and 2003

## ***Source of the data:***

- The data shown in these maps were collected through CDC's Behavioral Risk Factor Surveillance System (BRFSS). Each year, state health departments use standard procedures to collect data through a series of monthly telephone interviews with U.S. adults.
- Prevalence estimates generated for the maps may vary slightly from those generated for the states by BRFSS (<http://aps.nccd.cdc.gov/brfss>) as slightly different analytic methods are used.

During the past 20 years there has been a dramatic increase in obesity in the United States. In 1985 only a few states were participating in CDC's BRFSS and providing obesity data. In 1991, four states had obesity prevalence rates of 15-19 percent and no states had rates at or above 20 percent.

In 2003, 15 states had prevalence rates of 15-19 percent; 31 states had rates of 20-24 percent; and 4 states had rates more than 25 percent.